



ASSOCIATION  
QUÉBÉCOISE  
DE MUSICOTHÉRAPIE

**PRELIMINARY PROGRAM**

8<sup>th</sup> Conference  
October 12-14, 2018



[www.musicotherapieaqm.org](http://www.musicotherapieaqm.org)

info@musicotherapieaqm.org  
514-264-6335



<http://manoirdyouville.ca/>

Manoir d'Youville  
498, boulevard d'Youville  
Châteauguay, Qc. J6J 5T9  
450 692-8291

## *A word from the President*

*The Association québécoise de musicothérapie is happy to invite you to our biannual seminar to help support your needs for continuing education required by the Canadian Association of Music Therapists.*

*This year's seminar will take place in Montérégie at Manoir D'Youville in Chateauguay, 30 minutes from Montréal by the lake Saint-Louis. Please note that prices are very competitive and have been negotiated at preferential rates to allow more people to participate.*

*The program for this year's seminar will provide the opportunity to participate in all workshops offered throughout the weekend. The conference is an opportunity to relax, network, and come away with new ideas!*

*We hope to see you all during the conference from October 12 to 14, 2018.*

*Charles-Antoine Thibeault, MA, MTA*

## CONFERENCE SCHEDULE

### FRIDAY, OCTOBER 12

|      |                              |
|------|------------------------------|
| 6 pm | Room:<br>Welcome and arrival |
|------|------------------------------|

### SATURDAY, OCTOBER 13

|               |  |
|---------------|--|
| 7:30 am       | Breakfast  |
| 8-8:45 am     | Room:<br>Registration  |
| 8:45-9 am     | Room:<br>Opening Ceremony : Music  |
| 9-9:15 am     | Word from the President  |
| 9:30 am-12 pm | Room:<br><b>GROUP 1</b> (50% of the participants)<br>Diane Austin : Vocal improvisation  |
| 9:30 am-12 pm | Room:<br><b>GROUP 2 A</b> (25% of the participants)<br>Deborah Seabrook : Advanced clinical improvisation                      |
| 9:30 am-12 pm | Room:<br><b>GROUP 2 B</b> (25% of the participants)<br>Susan Ward : Play therapy   |
| 12-1:30 pm    | LUNCH and Free time ( <b>Cafeteria</b> )   |
| 1:30-4 pm     | Room:<br><b>GROUP 1</b> (50% of the participants)<br>Diane Austin : Workshop in vocal improvisation                            |
| 1:30-4 pm     | Room:<br><b>GROUP 2 A</b> (25% of the participants)<br>Susan Ward : Play therapy   |
| 1:30-4 pm     | Room:<br><b>GROUP 2 B</b> (25% of the participants)<br>Deborah Seabrook : Advanced clinical improvisation                      |
| 4:30-5:30 pm  | Room:<br>Professional gathering  |
| 5:30-6 pm     | Free Time  |
| 6 pm          | Dinner ( <b>Cafeteria</b> )  |
| 7-10 pm       | Room:<br>Evening : <ul style="list-style-type: none"><li>❖ Raffle (Music instruments)</li><li>❖ Music, songs and jam</li></ul> |

**SUNDAY, OCTOBER 14**

|               |   |
|---------------|---|
| 7:30 am       | Breakfast ( <b>CAFETERIA</b> )  |
| 8:00-8:45 am  | Registration  |
| 8 :30-9:00 am | Walk/Soundscape   |
| 9:30 am-12 pm | Room:<br><b>GROUP 2</b> (50% of the participants)<br>Diane Austin : Vocal improvisation                   |
| 9:30 am-12 pm | Room:<br><b>GROUP 1 A</b> (25% of the participants)<br>Deborah Seabrook : Advanced clinical improvisation |
| 9:30 am-12 pm | Room:<br><b>GROUP 1 B</b> (25% of the participants)<br>Susan Ward : Play therapy                          |
| 12-1:30 pm    | Lunch and free time ( <b>CAFETERIA</b> )  |
| 1:30-4 pm     | Room:<br><b>GROUP 2</b> (50% of the participants)<br>Diane Austin : Workshop in vocal improvisation       |
| 1:30-4 pm     | Room:<br><b>GROUP 1 A</b> (25% of the participants)<br>Susan Ward : Play therapy                          |
| 1:30-4 pm     | Room:<br><b>GROUP 1 B</b> (25% of the participants)<br>Deborah Seabrook : Advanced clinical improvisation |
| 4 pm          | Room:<br>(Closing of the conference)  |

*The participants will be divided into small groups so that everyone can participate at the 3 workshops;*

- *Diane Austin workshop: Saturday or Sunday, all day*
- *Deborah Seabrook workshop: 2.5 hours*
- *Susan Ward workshop: 2.5 hours*

➤ *Bring*

- *Your "20\$" to buy tickets for instruments' raffle!*
- *One or two musical instruments labelled with your name*

## **DIANE AUSTIN, DA, ACMT, LCAT**

<http://dianeaustrin.com/music/>

### **VOCAL IMPROVISATION**

**Dr. Diane Austin** is the Director of the Music Psychotherapy Center in NYC, NY, where she has maintained a private practice in Music and Vocal Psychotherapy for more than 20 years. She is an associate professor at New York University in the graduate music therapy department where she teaches clinical vocal improvisation, leads music therapy groups and is a thesis advisor. She also teaches Vocal Psychotherapy at Fredonia College, is the founder/director of the advanced training program in Vocal Psychotherapy in NYC, and has distance training programs in Seoul, Korea and Vancouver, B. C. Dr. Austin has lectured in 23 countries and has published numerous articles and book chapters on music psychotherapy and the voice. Her book, "The Theory and Practice of Vocal Psychotherapy: Songs of The Self" was published in 2010 by Jessica Kingsley and codified her model of music therapy.

### **Description**

Vocal Psychotherapy is a new model of music psychotherapy developed by Dr. Diane Austin. After more than 25 years working as a music psychotherapist in private practice with adolescents and adults, Austin's clinical practice and research led to the conclusion that the voice is a, if not the, primary instrument, and that singing is one of the most effective ways to build a connection to one's innermost self and to others. Vocal Psychotherapy is the use of the breath, natural sounds, vocal improvisation, songs and dialogue within a client and therapist relationship to facilitate intrapsychic and interpersonal change and growth. It combines the ideas and theories of depth psychology with the practice of vocal music therapy. This model includes vocal holding techniques©, free associative singing© and other techniques for accessing conscious and unconscious feelings, memories and associations.

## **DEBORAH SEABROOK, MMT, MTA**

<http://www.deborahseabrook.com/>

### **Exploring, Nurturing and Deepening Your Clinical Improvisation Practice**

Deborah Seabrook is a music therapy educator, clinician, and an improvising pianist. Deborah specializes in music-centered and person-centered music therapy and has taught at Concordia University, McGill University, and Wilfrid Laurier University. Deborah works with professional musicians and artists and provides clinical supervision through her private practice. Deborah's performances explore notions of community

wellbeing. Currently also undertaking a PhD at Concordia University researching music improvisation, health and wellbeing.

### **Description**

What is essential to your clinical improvisation work? Where would you like to expand your practice? How would you like to be supported in music with your clients? This reflective and playful workshop offers structured improvisation experiences informed by interdisciplinary theory and research that encourages participants to connect with their creativity and wellbeing, nurture their authentic voice, and practice skills applicable to their work. Please bring any instrument(s) that you would like to use a variety of instruments will also be available.

**SUSAN WARD, MA, RDT/BCT**  
**Drama therapist**

### **Play Therapy**

Susan Ward is a drama therapist living and working in Montreal. She is a graduate of Concordia University. Susan works on the multidisciplinary Youth Mental Health Team at the CLSC. In her role as a psychotherapist, she helps children, adolescents and their families. She integrates drama and play therapy in her interventions and is interested in the integration of these two methods. Susan teaches and supervises in the drama therapy program at Concordia and continues to be inspired by the amazing students who come to Concordia from around the world. Susan has served on the Board of the North American Drama Therapy Association as the Canadian Regional Representative.

### **Description**

Play therapy is relationship based and attuned to the feelings and needs of the client. The foundation of play therapy fits well with the creative arts therapies. In the creative arts therapies, we try to attune to the client in the moment. Play therapy offers the child many ways of expressing themselves. These multiple paths include art, movement, projective work, sand tray, and rhythm and music. In this workshop, we will explore some of the ways that play therapy and creative arts therapies can work together to promote change and to facilitate clients in accessing the means to resolve the issues which are of concern to them.

## **VERY IMPORTANT!!**

**Each person must reserve their lodging and meals (if not lodged) directly with the Manoir D'Youville. See description of packages).**

***(Availability on first come first serve basis).***

### **LODGING (includes meals for the weekend)**

- Single bed/shared bathroom : 84.00\$ per night/room
- Double bed or 2 single beds/shared bathroom : 130.00\$ per night/room

**If you are not lodging at the Manoir, PLEASE RESERVE IN ADVANCE (BY OCTOBER 1<sup>st</sup>) THE MEALS YOU WILL BE TAKING, DIRECTLY WITH THE MANOIR**

\* Plus TPS, plus TVQ, plus hotel tax of 3.5% per room per night

### **30 minutes from Montreal!**

#### **BY CAR**

From the A-30 , exit 35 ( René-Lévesque Boulevard and Highway 132 ).

· Turn LEFT on boul . René-Lévesque (after Walmart ) and continue to the 132 (also called Boulevard de Lery ) and turn RIGHT.

· After 3-4 km turn LEFT on Notre Dame North and follow signs for Marguerite D'Youville Wildlife Refuge.

· After crossing the bridge , turn immediately left. At the gate , press the intercom button and the reception will open the gate.

You can also follow the brown signs with the inscription: Refuge faunique Marguerite d'Youville.

#### **BY BUS- MONTRÉAL TO CHÂTEAUGUAY**

Outside peak hours, bus routes 31 and 32 allow people leaving Montreal to access Châteauguay from the Angrignon metro. You will have to take a taxibus connection to reach the corner of Vinet and Edmour streets. This stop is the closest to Manoir d'Youville, which is on the other side of the bridge to get to St Bernard Island. To do so, you must call 450-699-2250 at least one hour before your departure to report your request to the driver as soon as you enter the bus.

During peak hours, bus 25, still departing from the terminus of the Angrignon metro, will allow you to reach the corner of Vinet and Edmour streets.

Visit the Citso website at [www.citso.org](http://www.citso.org) for the rates, departure times and operation of the taxibus.

From April 15th to October 31st, you can combine bikes and buses for your trips thanks to the Bicycle-Bus service offered by the CTI du Sud-Ouest.

Visit [www.citso.org](http://www.citso.org) for more details on the terms and conditions.

**Information :**

Tel.: (514) 264-6335

[info@musicotherapieaqm.org](mailto:info@musicotherapieaqm.org)

**Comité :**

**Eliane Gendron** : eli.gendron@gmail.com

**Christelle Laforme** : christellelaforme@hotmail.com

**Vickie Levasseur** : vickie.levasseur@gmail.com

**Guylaine Vaillancourt** : g.vaillancourt@concordia.ca

- Reminder: A first-time registration received by the AQM as of August 1st, 2018 is valid for the year 2018-19.
- *Registration fees refundable upon written request BEFORE the 1st October 2018 (except \$50 + accommodation cost).*
- Members from other provincial music therapy associations are welcome at the same rate as AQM members (with proof of CAMT membership)

## REGISTRATION FORM

*Please read carefully and circle the desired package*

**Rooms and meals not included in the registration fees.**

|                                | <b>AQM<br/>Member-<br/>MTA *</b>  | <b>AQM Member –<br/>MT Intern<br/>MTA-student<br/>(Masters,<br/>Doctorate) *, **</b>           | <b>AQM non-<br/>member<br/>MT Intern**</b>   | <b>AQM non-<br/>member<br/>MTA *</b>   |
|--------------------------------|---|--|--|--|
|                                | Price per<br>person<br>before<br><b>August 15.</b><br>Add \$25<br>after<br><b>August 15</b> | Price per<br>person before<br><b>September 15.</b><br>Add \$25<br>after<br><b>September 15</b> | Price per<br>person before<br><b>September 15.</b><br>Add \$25<br>after<br><b>September 15</b> | Price per<br>person before<br><b>September<br/>15.</b><br>Add \$25<br>after<br><b>September 15</b> |
| <b>Saturday AND<br/>Sunday</b> | \$200   | \$150  | \$180  | \$260  |
| <b>Saturday OR<br/>sunday</b>  | \$150   | \$110  | \$140  | \$210  |

\* Photocopied proof of CAMT membership for 2018 required

\*\* Photocopied proof of full time student status (student ID) at times of registration required.

**PLEASE COMMUNICATE DIRECTLY WITH THE MANOIR FOR ANY SPECIAL DIETARY NEEDS: VEGETARIAN: FOOD ALLERGIES, OTHERS, WHEN RESERVING**

### REMINDER

**Each person must reserve their lodging and/or meals directly with  
The Manoir.**

**8<sup>TH</sup> Conference of Association québécoise de musicothérapie  
October 12 to 14, 2018**

|                         |        |
|-------------------------|--------|
| First and Family Names: |        |
| Address:                |        |
| Email:                  |        |
| Phone Number: (Home)    | (Work) |

Amount: \$ \_\_\_\_\_

Check # \_\_\_\_\_

2 days : \_\_\_\_\_

Saturday : \_\_\_\_\_

Sunday : \_\_\_\_\_

**CARPOOL:** \_\_\_ passenger(s)    \_\_\_ Driver/Number of seats: \_\_\_\_\_

**Please print and send your registration form with your cheque to:**

Association québécoise de musicothérapie  
CP 32190  
Montréal (Québec) H2L 4Y5

**IMPORTANT: Please keep a copy of your registration for your records. The cashing of your payment confirms your registration; a receipt will be issued by email at the conference.**